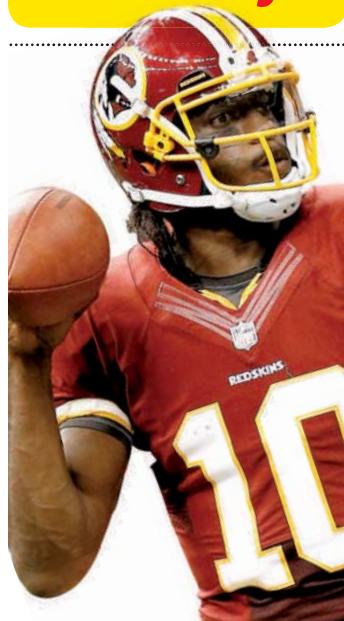


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Tuesday



NEW STANDARD

**RGIII's debut** ranks among the best ever for a rookie quarterback **12**

WELL-BALANCED LIFE

**Can you keep up** with the world's oldest yoga instructor? **17**



A BITTER DIVIDE

**Chicago teachers** strike for the first time in a quarter-century **3**



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SEPTEMBER 11, 2012 | A PUBLICATION OF *The Washington Post*

ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



For a few MARC train regulars,  
rush hour is more like happy hour **9**

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EXPRESSILLUSTRATION

FOR EXTENDED FORECAST, SEE PAGE 33



eye openers

## FINDINGS

**No, Mushrooms Won't Cure Your Aunt's Tone-Deafness**

Treating wood with two kinds of fungi can make an inexpensive violin sound similar to a Stradivarius, according to a test by Francis Schwarze of the Swiss Federal Laboratories for Materials, Science and Technology. The Telegraph reported Monday that, in a blind test, people were unable to differentiate between the acoustic properties of the violins after the treatment using *physiaporinus vitreus* and *xylaria longipes*. (EXPRESS)

**"To the people that kept us up all night ... Thank you for your EPIC performance."**

— OLI BEALE, WHO WAS KEPT AWAKE FRIDAY NIGHT IN HACKNEY, EAST LONDON, BY KARAOKE-SINGING NEIGHBORS. BEALE CREATED AND TWEETED A POSTER HE MADE WITH CRITIQUES OF EACH SONG, THE TELEGRAPH REPORTED MONDAY.

## CLASSES

**The G-String Onesies Really Just Take It Too Far**

A Canadian dance studio is trying to reach a new audience by offering pole-dancing lessons for children as young as 5, ABC news reported Saturday. Kristy Craig of Duncan's Twisted Grip Dance and Fitness Studio on Vancouver Island said children "will climb anything" and reports that she has four children signed up for her Little Spinners pole-dancing class. (EXPRESS)

© **The Big Picture**

MICHAL CIZEK/AFP/GETTY IMAGES



**WHAT ALL CHILDREN ASPIRE TO BUILD:** Men add to a 106.6-foot-tall tower made of Lego pieces Saturday in Prague. A Danish Lego engineer, with the help of Czech children, beat the previous world record for a Lego tower — set in Winsdor, Great Britain, on July 6 — by 11.8 inches.

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# Chicago Teachers Go on Strike

Nearly 400K public school students and families affected

## Chicago

For the first time in a quarter-century, thousands of Chicago teachers walked off the job Monday, escalating a bitter contract dispute over evaluations and job security and forcing parents to scramble for somewhere to send idle children.

Both sides went back to the bargaining table around midday, hours after the walkout began when the two sides failed to agree on a contract before a midnight deadline. The strike affected nearly 400,000 public school students and their families in the nation's third-largest district.

While negotiators said they had made progress on salary and a longer school day, they remained divided on a host of other issues.

Chicago Mayor Rahm Emanuel pushed to end the confrontation quickly. He repeatedly said negotiators were within reach of a deal and that the strike was unnecessary.



Teachers picket Monday outside Wells High School in Chicago. More than 26,000 joined the strike after the Chicago Teachers Union failed to reach an agreement. (AP)

"Don't take it out on the kids of Chicago if you have a problem with me," Emanuel said Monday.

Some 26,000 teachers and support staff were expected to join the picket line. At Paul Robeson High School on the city's South Side, two dozen teachers wearing red shirts chanted and carried signs saying "On Strike For Better Schools."

"There's been a large disin-

vestment in neighborhood public schools," said Jeremy Peters, who has taught civics and U.S. history for a decade. "It's an absolute debacle."

To give students a place to go, district officials said some 140 schools would be open for the first half of the day so children who rely on school-provided free meals can eat breakfast and lunch.

## Backstory

**Chicago Teachers Union President Karen Lewis** said that among the issues of concern was a new evaluation that she said would be unfair to teachers because it relies too heavily on students' standardized test scores and does not take into account external factors that affect performance, including poverty, violence and homelessness. She said 6,000 teachers could lose their jobs within two years. Chicago Mayor Rahm Emanuel said the evaluation would not count in the first year, as teachers and administrators work out any kinks. (AP)

The strike quickly became part of the presidential campaign. Republican candidate Mitt Romney said teachers were turning their backs on students and President Barack Obama was siding with the striking teachers in his hometown.

Obama's top spokesman said the president has not taken sides but is urging both the teachers and the city to settle quickly.

DON BABWIN (AP)

## 50 Cancer Types Added to List Of 9/11 Ailments

### New York

The federal government has added about 50 types of cancer to the list of Sept. 11 World Trade Center-related illnesses that will be covered by a program to pay for health coverage.

The National Institute for Occupational Safety announced the change Monday, the eve of the 11th anniversary of the terrorist attacks.

"The publication of this final rule marks an important step in the effort to provide needed treatment and care to 9/11 responders and survivors through the WTC Health Program," NIOSH director John Howard said.

Some 60,000 people already have enrolled in 9/11 health programs for those who lived or worked within the disaster zone. Up to 25,000 more could join before the program closes. (AP)

# \$55.6M

The amount the federal government provided for state and local programs Monday in a renewed focus to help prevent suicides among military veterans. (AP)



**Gone Daddy Gone?** Possibly millions of websites hosted by GoDaddy.com are down. A hacker is claiming responsibility, but the reason for the outage is unclear. A Twitter feed allegedly affiliated with the "Anonymous" hacker group says it's behind the outage, but another Twitter account associated with Anonymous says the first one is just taking advantage of an outage it had nothing to do with. GoDaddy.com hosts more than 5 million websites. (AP)

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# Crucial Ohio at the Heart of 2012 Campaign

## Mansfield, Ohio

It's all about Ohio — again. The economy has improved here, and so has President Barack Obama's standing, putting pressure on Republican Mitt Romney in a state critical to his presidential hopes.

No Republican has won the White House without winning Ohio, and Romney hopes to catch Obama here by slashing at his jobs record in working-class regions.

"America doesn't have to have the long face it has had under this president," the Republican shouted Monday to a cheering audience in hard-scrabble Mansfield, just weeks after Obama visited. "We can get America rolling again,

### Meanwhile ...

**President Barack Obama squeaked out a fundraising victory** over Mitt Romney in August and raised more than \$114 million, while Romney topped \$111 million, according to numbers released Monday. It's the first time in four months that the Democrats have raised more than the Republicans. Despite Obama's advantage in August, it's the third-straight month that Romney has collected more than \$100 million and his best one-month fundraising total. (AP)

growing again."

In a sign of the state's importance, hardly a week goes by without the candidates appearing in Ohio. Same goes for their running mates; Republican Paul Ryan was campaigning in the Appalachian

southeast Wednesday, following a similar weekend trip by Vice President Joe Biden, who is to return to the state Wednesday.

Less than two months from Election Day, both parties say their internal campaign polling shows Obama



with a narrow lead in Ohio, a Midwestern state that offers 18 Electoral College votes and has played an important role in determining every recent White House race.

The candidates and supportive outside groups have spent a stunning \$112 million on TV advertising in the state. And Obama and groups that support him have been outspending Romney and Republican-leaning independent groups here all summer, on track to outpace the GOP \$2 million to \$1 million this week alone. That's despite Romney having tapped into his general election bank account last week to boost his ads here.

Early voting here starts Oct. 2.  
THOMAS BEAUMONT (AP)



### CONSUMERS

#### Shop 'n' Chop

**After an overwhelming response** to the chain's free haircut program offer for children in August — 1.6 million haircuts, to be exact — J.C. Penney will be making it a permanent offer every Sunday, starting Nov. 4. The change is part of the plan to re-energize the chain and transform every aspect of its business. (AP)



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# U.S. Hands Over Afghan Prison

Karzai lauds move; U.S. worries about the fate of prisoners

## Bagram, Afghanistan

President Hamid Karzai welcomed Monday's handover of the main American-run prison to Afghan forces as a victory for Afghan sovereignty, though he and U.S. officials remain locked in a dispute over the fate of hundreds of Taliban and terror suspects behind bars.

The U.S. is withholding the transfer of scores of inmates, reportedly out of concern that Afghan authorities may simply let some detainees go and no longer hold dangerous prisoners without charge.

No higher ranking American officers attended the ceremony at the prison, though the Afghan government sent its defense minister, army chief of staff and other officials.

Karzai did not attend, though he released a statement calling the handover a "very big step regarding the sovereignty of Afghanistan."



MUSADEQ SADEQ/AP

### Landmark Moment for Afghans

**Afghan soldiers watch the ceremony** Monday at Bagram Air Field as U.S. forces hand over control of a detention facility there. The facility never became a household name in the United States, like the detention camp at Guantanamo Bay, Cuba, or Iraq's Abu Ghraib prison. Among Afghans, however, Bagram became synonymous with long-term extrajudicial imprisonment and alleged torture. An Army investigation into the deaths of two detainees in 2002 uncovered evidence of prisoners being beaten and chained to the ceiling by their wrists. An Oscar-winning documentary about Bagram, "Taxi to the Dark Side," increased the prison's notoriety. (AP/THE WASHINGTON POST)

**3K**

**The estimated number of inmates** Afghanistan's Parwan prison held in the spring, at its peak; hundreds have been transferred or released. (TWP)

The more than 2,000 Afghan military policemen now at the prison said the inmates were pleased to be guarded by Afghans.

"We are Afghan and they are Afghan. They are Muslim. We are Muslim," said Afghan military policeman Ashna Gul. "We can see each other through the steel windows. Sometimes we are laughing and joking with the prisoners and they are happy with our guys."

The U.S. began detention operations at Bagram Air Field in early 2002. In 2009, the U.S. opened a new detention facility next door. The number of detainees incarcerated at the prison, now called the Parwan Detention Facility, has swelled from about 1,100 in September 2010 to 3,110 in the spring of this year.

The U.S. is now worried that the Afghan government will discontinue internment and either release dangerous detainees or forward their cases to the loosely run Afghan judicial system, which is tainted by corruption, the New York-based Open Society Foundation said. AMIR SHAH AND DEB RIECHMANN (AP)



**Now You Xi, Now You Don't:** Where is Chinese president-in-waiting Xi Jinping? Is he nursing an injury? Did he escape a revenge killing? Or is he just busy ahead of an expected leadership transition next month? Chinese bloggers and others have been speculating as to why the current vice president has gone unseen for more than a week and canceled meetings with visiting officials, including U.S. Secretary of State Hillary Rodham Clinton. (AP)

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## In Brief

### BAGHDAD

#### Iraqi VP: Death Sentence From Court Is 'Unjust'

From self-exile in Turkey, Iraq's fugitive Sunni vice president scoffed Monday at a Baghdad court that sentenced him to the gallows for masterminding death squads against rivals, saying he will not return to appeal the "unjust" verdict. The conviction of Tariq al-Hashemi rids Shiite Prime Minister Nouri al-Maliki of a top political foe. (AP)

### SANA'A, YEMEN

#### Report: Al-Qaeda's No. 2 In Yemen Killed by Drone

A drone airstrike killed al-Qaeda's No. 2 leader in Yemen along with five others traveling with him in one car on Monday, senior Yemeni Defense Ministry officials reported. If confirmed, Saeed al-Shihri's death would be a major blow to the militant group. (AP)

### MARIKANA, SOUTH AFRICA

#### Thousands Stay on Strike As Mine Unrest Spreads

Miners with machetes, clubs and spears marched from shaft to shaft of South Africa's Lonmin platinum mine Monday to intimidate the few workers who reported for duty, in the fourth week of a crippling strike that has seen dozens of miners killed by police. The labor unrest spread as more than 10,000 workers went on strike at a gold mine. (AP)

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# World

## Billionaire Plans an Exit As France Ups Its Taxes

### Paris

With one statement, Bernard Arnault — the richest man in Europe — has ignited an uproar in France over taxes, citizenship, patriotism and what policies the government needs to promote growth.

Arnault — the CEO of French fashion giant LVMH, owner of such houses as Louis Vuitton — is the symbol of France's luxury fashion industry. When he confirmed Sunday that he had applied for dual citizenship in Belgium, it struck a nerve.

Many thought it was to dodge the Socialist government's planned 75 percent tax on those who earn more than \$1.28 million a year, which Arnault has denied.

One French paper's front-page headline Monday called him a "rich jerk." President Francois Hollande

### Backstory



**Bernard Arnault**, the world's fourth-richest man, has a fortune Forbes magazine estimates at \$41 billion. He emigrated to the U.S. in 1981 and returned when France's tax policies became more conservative. (AP)

questioned Arnault's patriotism.

The debacle highlighted a very French contradiction: A country that prides itself on producing exorbitantly priced luxury fashion has tax policies that target the people rich enough to buy them.

Some critics say the Socialists had it coming, reminding all that Hollande once famously said: "I dislike the rich." (AP)

### A Confidence Booster for Syrian Rebels



MUHAMMED MUHEISEN/AP

**REBELS TRAVEL MONDAY TO ALEPOO, SYRIA**, a battleground city in the country's civil war. In an interview that aired Monday, former general Manaf Tlass, Syria's top defector, voiced confidence that the opposition can topple President Bashar Assad. Meanwhile, state-run news agency SANA said the death toll from a car bomb Sunday had risen to 30.

# 260

**The depth, in feet, of a temporary restaurant that opened Monday in a limestone mine in Lohja, Finland, turning the idea of a "pop-up" eatery upside down. "Certainly it's the weirdest place I have cooked," chef Timo Linnamaki said. (AP)**

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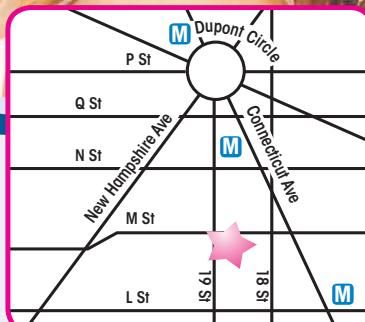
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# Cover Story



Lisa Reed, foreground, connects with Coleen Lonas, left, and Stephanie Collins aboard MARC's Camden Line route to Washington. As many as nine other riders cluster up on a regular basis to share their commute.

# High-Speed Happy Hour

A ho-hum commute for some becomes a daily highlight for a tight-knit community on MARC

## Washington

Some days, they make the 5:28 p.m. train. Other days, they have to wait for the 6:55. But sooner or later, Coleen Lonas, Stephanie Collins and a group of commuters board MARC's Camden Line at Union Station and take their regular spots at the back of the second car.

By the time the train begins edging its way through Northeast Washington toward Maryland, the laughter and the beers are flowing as Lonas, Collins and the rest of their circle celebrate the end of another day.

Such gaggles are not uncommon on commuter rail lines such as MARC. The trains' predictable schedules make it more likely that riders will see the same faces each day, and the distances many travel give ample opportunity to chat. Often, these conversations evolve into a kind of clique. Some, such as the one Lonas and Collins are part of, are organized enough to have their own Facebook group.

For the people who run MARC, the cliques add to the line's appeal.

"We encourage it," said Dave Johnson, MARC's chief customer relations officer. "We have people that come from southern New Jersey all the way



## Rail Drinks

The freedom to consume alcohol sets MARC apart from other regional rail options and makes its clique culture a little more free-spirited. Alcohol is not allowed on Virginia Railway Express, and you can't consume alcohol carried aboard in public areas on Amtrak. All food and drink are banned on Metro. But on MARC, you can bring whatever you like. "One group, they have a wine-tasting club," said Dave Johnson, MARC's chief customer relations officer. (TWP/EXPRESS)

to D.C., so, of course, some will say hello to others. It just happens naturally."

Whether they started riding MARC a decade ago or a few months back, Lonas, Collins and most of their friends started out as solo travelers. But for such extroverts, perhaps the greatest thing about commuting by train is that you don't have to be alone for long.

Recruiting new members is informal. "One of these guys said 'hello' one morning, and it just kind of went from there," said Lisa Reed, a financial officer at the Art Institute of Washington.

## 32.5K

The number of passengers who ride MARC's three lines.



## 4.5K

The number of passengers on the Camden Line, which runs between Washington and Baltimore. (TWP)

Some try to wile their way in. "They creep," Collins said of such aspirants. "We call those people creepers, because they creep up the rows toward us. That's what I did." "We don't say no to anybody who wants to join us," said Lonas, an executive assistant at a lobbying firm and the Camden clique's mother hen.

But this inclusiveness is not abso-

lute, according to Collins: "If someone's real annoying, we'll just ignore them altogether."

Frank Vallee, 49, who moved to Maryland from Boston last year, was subjected to this selectivity as he made his move to join. "I actually feel honored to be in this group," Vallee said.

Of course, not everyone wants in. The Camden folks can be a little loud, especially after throwing back a few.

"It's distracting; it makes it very hard to work," said Endymion Cooper, 28, a geneticist, after the bulk of the clique got off at the Dorsey station in Howard County, Md. "I don't know why I keep sitting here."

When the train pulled into Union Station one recent morning, the group quickly dispersed. Lonas made her way to Metro's Red Line. The train was packed, and Lonas fell silent for the first time all morning.

Separated from her friends and nearing her office, Lonas became a more subdued, professional version of herself. But she perked up when asked which train she thought the clique might take home that night.

"I'm not sure yet," she said. "But I can't wait to find out." TED TRAUTMAN (THE WASHINGTON POST)



DANIEL C. BRITTON/PHOTO/STYLING

**"We were going to the bar a while ago and my husband said, 'Are your train friends coming?' I told him: 'They're not my train friends. They're my friends.'"**

— MARC COMMUTER LISA REED, RIGHT, SHOWN WITH HER FRIEND STEPHANIE COLLINS, ON A RECENT RIDE BETWEEN DORSEY, MD., AND UNION STATION IN WASHINGTON

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## No Brake Problems Found on Bus

County continues to investigate August crash into Md. house

### Silver Spring

Officials found no problems with the brakes on a Montgomery County Ride On bus that crashed into a Silver Spring house in August, a county spokesman said last week.

The spokesman, Patrick Lacefield, said the county is still investigating the Aug. 20 crash, which caused six people on the bus — including the driver — to sustain non-life-threatening injuries. Lacefield said officials have so far found



A Montgomery County Ride On bus careened into a house in Silver Spring on Aug. 20.

no mechanical problems with the vehicle. After the crash, the driver told the homeowner that the brakes failed.

The driver did not show up to a scheduled meeting with Ride On officials to discuss the incident, Lacefield said. Another meeting is scheduled for this week, according to Lacefield, who said the investigation will not be closed until officials have spoken with the driver.

The bus was turning from State-side Drive onto southbound Avenel Road shortly before 10:50 a.m. when it drove across two yards, hit a parked taxicab and crashed into the front of a house on Avenel Road.

VICTOR ZAPANA (THE WASHINGTON POST)

## Va. Partners With Retailers For E-ZPass

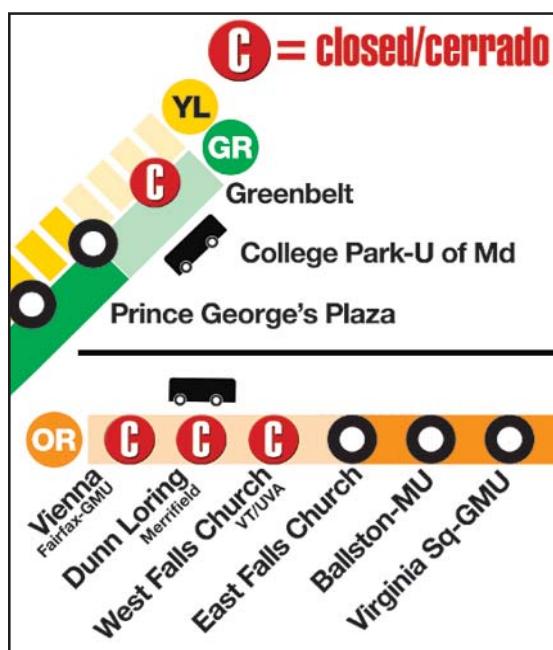
### Richmond

The Virginia Department of Transportation is making it easier for drivers to get an E-ZPass transponder to pay tolls in Virginia and 13 other states.

Officials say the recently launched "E-ZPass On-the-Go" program allows customers to get prepaid E-ZPass transponders at various retail locations throughout Virginia.

AAA has 13 locations that are part of the program; Wegmans has six stores that are participating; and Giant recently announced that 20 of its stores will participate. (AP)

## TRACK WORK THIS WEEKEND



From Friday, September 14 at 10 p.m. to Sunday, September 16 at closing: Buses replace trains on the Orange Line between Vienna and East Falls Church and on the Green Line between Greenbelt and College Park while Metro performs track improvements including rail and tie renewal/replacement, insulator replacement and performs tests for the Silver Line. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



**SINGLE TRACKING  
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Weekend train schedules are adjusted for MetroForward rebuilding efforts. Please allow extra travel time. For details, go to [wmata.com/alerts](http://wmata.com/alerts).

# Local

## Trader Joe's Headed to U St. Area

Developer also mulls new Harris Teeter on Sherman Avenue NW

### Washington

Developers are quickly building new apartments in the District's U Street neighborhood, and now grocery stores are following.

Executives at the JBG Cos., one of the region's largest real estate developers, said they plan to open a Trader Joe's grocery store in an apartment building under construction on 14th Street NW, just south of U Street, next year.

A few blocks northeast of that

project, JBG and its retail arm, JBG Rosenfeld, have lined up a commitment from another grocer, Harris Teeter, but it will require winning the rights to some city-owned property on Sherman Avenue.

Last year JBG and a partner, Walton Street Capital, acquired three former Atlantic Plumbing Supply properties near the intersection of Sherman Avenue NW, Florida Avenue NW and V Street NW after a previous development there petered out.

Harris Teeter has signed a letter of intent to open a store there as part of a retail and residential development, said Grant Ehat, principal at JBG Rosenfeld. But to make



The only Trader Joe's in D.C. currently is on 25th Street NW in Foggy Bottom.

the deal work, he said, JBG will have to acquire a 1.5-acre lot next door that the city plans to offer to private developers in a request for proposals later this year.

"We've negotiated a letter of intent and we have a deal that we're willing to make, but to do it we need to win the RFP," Ehat said.

Vincent Gray's economic development office is expected to issue a solicitation for the Sherman Avenue property this fall.

Ehat said he hoped that JBG would have a leg up on competition because its ownership of the Atlantic Plumbing property would allow the extension of W Street east through the site.

A spokesman for the District declined to comment, citing a policy against speculating on potential partners. JONATHAN O'CONNELL  
(THE WASHINGTON POST)

## Official: Months Before Transit Center Will Open

### Silver Spring

The Silver Spring Transit Center, a much-anticipated and much-delayed transportation project in Montgomery County, will not be opened for at least a couple more months, a county official said Monday.

The \$112 million transit hub has been under construction since 2008, a project two years behind schedule. In January, the county alleged that construction workers improperly poured concrete on two floors.

Foulger-Pratt, the contractor in charge of construction, said the building is nonetheless structurally sound.

County officials had hoped to open the transit center in January, but the concrete issues have

postponed the opening date indefinitely.

A third-party company, KCE Structural Engineers, is studying the concrete and will issue rec-

# \$112M

The amount of money spent so far on the Silver Spring Transit Center, which has been under construction since 2008, officials say.

ommendations to fix the problem within the next couple of months, said David Dise, the county official who oversees the project.

According to the county website, the transit hub is 97 percent complete, but Dise said it will open only after the problem is fixed.

VICTOR ZAPANA (THE WASHINGTON POST)

### Years Later, Scars Still Remain



**KEVIN ATTAWAY IS EXAMINED** at MedStar National Rehabilitation Hospital on July 10 in D.C. Attaway was wounded in 2010 in the South Capitol Street shootings that killed three. Five men convicted in the shootings are scheduled to be sentenced in D.C. Superior Court on Tuesday. | [postlocal.com](#)

### The Lotteries

#### Monday, Sept. 10

##### Maryland

Mid-day Pick 3.....	1-1-9
Evening Pick 3 (Sun.).....	6-9-1
Mid-day Pick 4.....	5-5-1-2
Evening Pick 4 (Sun.).....	2-7-5-4
Match 5 (Sun.).....	2-11-15-20-29 (39)

##### District

Mid-day Lucky Numbers .....	6-3-4
Evening Lucky Numbers (Sun.).....	3-5-0
Mid-day DC 4 .....	4-4-1-7
Evening DC 4 (Sun.).....	4-0-8-6
Mid-day D.C. Five .....	1-4-2-4-3
Evening D.C. Five (Sun.).....	9-6-9-4-1

##### Virginia

Mid-day Pick 3.....	3-1-0	Evening Pick 4 (Sun.).....	9-1-0-5
Evening Pick 3 (Sun.).....	8-6-8	Mid-day Cash 5 (Sun.).....	10-16-19-32-33
Mid-day Pick 4 .....	9-8-4-3	Evening Cash 5 (Sun.).....	2-5-6-9-18

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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FRIDAY, SEPT 14 ART SHERROD JR W/ MIKI HOWARD

SATURDAY, SEPT 15 DANIELIA COTTON

SUNDAY, SEPT 16 10AM & 12:30PM LIVE GOSPEL BRUNCH W/ HOWARD GOSPEL CHOIR \$30

WEDNESDAY, SEPT 19 THE DEVIL MAKES THREE W/ BROWN BIRD

FRIDAY, SEPT 21 LARRY CARLTON JAZZ TRIO

SATURDAY, SEPT 22 THE WOOD BROTHERS W/ CHRIS KASPER

SUNDAY, SEPT 23 10AM & 12:30PM LIVE GOSPEL BRUNCH W/ QUEEN ESTHER MARROW \$30

SUNDAY, SEPT 23 THE BAD PLUS

TUESDAY, SEPT 25 LINDSEY STIRLING

WEDNESDAY, SEPT 26 FLOW TRIBE

THURSDAY, SEPT 27 PERPETUAL GROOVE

SATURDAY, SEPT 29 ALLEN TOUSSAINT W/ SHEMEKIA COPELAND

SUNDAY, SEPT 30 ALLEN TOUSSAINT

SATURDAY, OCT 6 DONOVAN

TUESDAY, OCT 9 MICHAEL MARTIN MURPHY

FRIDAY, OCT 12 PERFUME GENIUS W/ DUSTED

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# Sports

## Swengali

### Griffin Sets New Standard in Debut

If Stephen Strasburg wrote the book on impressive debuts in 2010, Robert Griffin III authored the sequel on Sunday in New Orleans.

The rookie quarterback was everything he was cracked up to be. He was poised. He was smart. He

was athletic. He threw great deep passes. He showed touch. Most of all, he showed he was a winner.

And so a day after Strasburg's third season was mercifully shut down, Griffin delivered a magnificent performance that served as a reminder that Washington is still a Redskins town first.

Perhaps the most encouraging aspect of Griffin's debut was that there

### Forget the future — this season has tons of promise all of a sudden.

appeared to be nothing fluky about it. Griffin read the defense to find open receivers, threw accurate passes and ran the ball well when his number was called. In short, he performed like a high-level quarterback is supposed to.

Will each start this season be as stellar? Probably not. But if RGIII can minimize his mistakes — that 0 in the turnovers column was a sight for sore eyes Sunday — then the Redskins will be in a lot better shape than most expected them to be in. Forget the future — this season has tons of promise all of a sudden.

Strasburg's arrival was the beginning of the Nationals' turnaround, which took another two years. Sequels are supposed to be bigger and better. Maybe we won't have to wait as long with Griffin at the helm of the Redskins.

To reach Matt Swenson, email matt.swenson@readexpress.com



By Matt Swenson

# RGIII's Start Is One for the Books

Praise continues to be heaped upon QB after win over Saints

### The Redskins

One day after the dazzling debut of Redskins rookie quarterback Robert Griffin III in a season-opening triumph at New Orleans, the superlatives continued to pour in. Griffin's performance was a leading topic of conversation not only around town Monday but also across the NFL, and there was a convincing case to be made that he'd played the best opening game ever by a rookie quarterback.

The tougher issue was putting it all in perspective. What do Griffin's exploits in Sunday's 40-32 victory over the Saints mean in the bigger picture, both in terms of assessing the pace of Griffin's development and the Redskins' prospects of becoming a winning team quickly with him in charge?

Cam Newton's back-to-back 400-yard passing performances at the start of last season, for instance, were a signal that he was on his way to a record-setting rookie year, but not a precursor to a successful season by his team. The Carolina Panthers went 6-10 last season with Newton as their quarterback.

But for Monday, at least, heaping praise on Griffin and what he did in the Superdome seemingly were enough.

"It was like the second coming of Cam Newton's first game last year," former Saints quarterback Bobby Hebert said. "To have that kind of game and be that calm in a really hostile environment like that, that was really impressive."

Griffin became the first quar-



Redskins quarterback Robert Griffin III fights off Saints lineman Will Smith during Washington's 40-32 victory on Sunday.



### Injury Updates

**Rookie Jordan Bernstine** is out for the season with torn ligaments in his right knee. The Redskins moved quickly to replace him with third-year safety Jordan Pugh, who was cut this month by the Carolina Panthers. The safety position was already depleted because of Brandon Meriweather's knee injury and Tanard Jackson's season-long suspension for failing a drug test. Also, coach Mike Shanahan said X-rays were negative on receiver Pierre Garcon's sore right foot. The coach said Garcon will have to play through some pain in the foot and will be re-evaluated later in the week. (AP)

terback ever with 300 or more passing yards, two or more passing touchdowns and no interceptions in his NFL debut, according to the league. Griffin and the Indianapolis Colts' Andrew Luck, who threw for 309 yards Sunday, joined Newton and former Colts

quarterback Peyton Manning as the only rookie quarterbacks ever with 300 or more passing yards in a season opener.

Unlike the others, Griffin led his team to a win. According to the league, Griffin and John Elway are the only rookie quarterbacks since

the 1970 NFL-AFL merger to start and win a season opener on the road against a team that was unbeaten at home the previous season.

But when Elway's Denver Broncos won at Pittsburgh in 1983, it was more a victory despite Elway's performance than because of it. Elway completed one of eight passes for 14 yards, and Steve DeBerg came on to throw the winning touchdown pass. On Sunday, the Redskins won in large part because of Griffin.

"He took the throws that were open," Saints safety Malcolm Jenkins said Sunday. "And once you buy time, things open up all across the field. ... He made good reads and threw it across the middle right on time. He didn't throw late. He made the proper reads."

MARK MASKE (THE WASHINGTON POST)



**Playing With Pain:** It'll go down as the other remarkable performance in RGIII's stellar first game. Redskins long snapper Nick Sundberg broke his left arm in the first half and continued to play — snapping the ball four times for punts, twice for field goals and twice for extra points in the second half of Washington's 40-32 win over the New Orleans Saints on Sunday. Sundberg has been fitted with a cast that's bulky and restrictive, so he won't be able to play again for at least a few weeks. The Redskins will audition replacements Tuesday and will have to decide whether to keep the third-year veteran on the active roster or put him on injured reserve. (AP)

# Sports

## In Brief



Cornerback Joe Haden runs onto the field before Cleveland's game Sunday.

### PRO FOOTBALL

#### Browns Cornerback Suspended for Drugs

Cleveland Browns cornerback Joe Haden has been suspended without pay for four games for violating the NFL's policy on performance enhancing substances. Haden's suspension begins immediately. He will be eligible to return to the Browns' active roster on Oct. 8. (AP)

### PRO FOOTBALL

#### Bills Are Banged Up

Buffalo Bills receiver David Nelson is expected to miss the rest of the season with a torn ligament in his right knee. The news is a little more encouraging for running back Fred Jackson after tests on his right knee came up inconclusive. Jackson is expected to miss three weeks, the team said Monday. (AP)

### COLLEGE BASKETBALL

#### Gillispie on Sick Leave

A Texas Tech athletics official says men's basketball coach Billy Gillispie is on indefinite sick leave. The school announced Aug. 31 that it had opened an investigation into alleged mistreatment of players by Gillispie. Earlier that day, Gillispie called 911 and was taken to a Lubbock hospital. (AP)

## TV Lineup

**NATIONALS (7 P.M., MASN)** Jordan Zimmermann takes the mound for the Nats against the New York Mets.

**ORIOLES (7 P.M., MASN2)** The O's and Tampa Bay Rays start a crucial

# O's Battle Through Bad Breaks

Markakis injury is the latest challenge for surprising Birds

### Pro Baseball

Having already gotten this far against all odds, the Baltimore Orioles aren't about to let another key injury and the pressure of being in a pennant race deter their effort to secure a postseason berth for the first time since 1997.

With 22 games left in the season, the Orioles trail the New York Yankees by one game in the American League East and are a game up in the wild-card race heading into Tuesday's series opener against the Tampa Bay Rays. It's a major change for a team that finished in last place in each of the past four years, part of 14-straight losing seasons.

No one expected them to be



Nick Markakis, left, was batting .335 as a leadoff hitter until being injured Saturday.

kis broke his left thumb Saturday when hit by a pitch from New York's CC Sabathia. Since being moved atop the batting order, Markakis was batting .335 over 54 games. Baltimore won 33 of them.

Markakis has waited his whole career to be part of a postseason run, and now he'll have to watch from the dugout. The O's will press on without him, knowing he might be back in action if they can reach the playoffs.

"It's disappointing to lose a guy like Nick," reliever Kevin Gregg said. "But luckily we've had 35 guys contribute to this team in significant ways. Hopefully we have the same ability to step up the rest of the way." DAVID GINSBURG (AP)



**Reason to Sing:** Serena Williams says she sang "I Will Survive" at karaoke late Sunday night, and the lyrics really hit home. Two points away from losing the U.S. Open final, Williams rallied to beat top-ranked Victoria Azarenka earlier that evening. It's part of a bigger comeback from missing 10 months in 2010-11 because of a series of health problems. Williams celebrated until 3 a.m. Monday after winning her second major title of the year. (AP)

### Hearsay

**"It wasn't a one-man show. Everybody had a piece of this pie. From me to the coaches."**

— EAGLES COACH ANDY REID, DEFENDING MICHAEL VICK AFTER VICK THREW FOUR INTERCEPTIONS IN PHILADELPHIA'S 17-16 WIN OVER THE BROWNS ON SUNDAY

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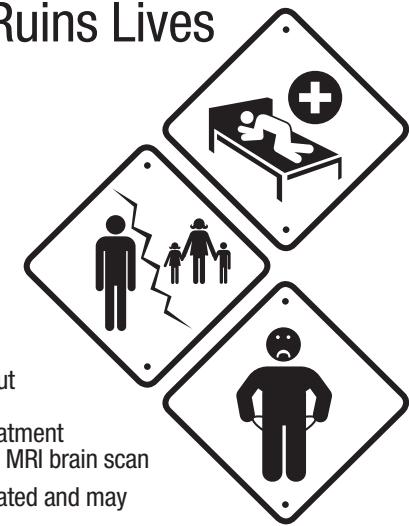
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series with playoff implications.

**SOCCER (8 P.M., ESPN2)** The U.S. tries to avenge Friday's loss at Jamaica when the teams meet again in a World Cup qualifier in Columbus, Ohio.

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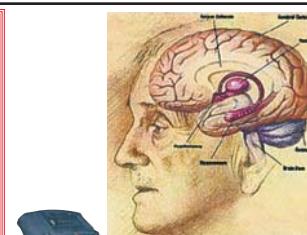
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# fit



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Looking at our office Chia Pet never made us thirsty — and now that we've tasted Mamma Chia (\$3.50, [Mammachia.com](http://Mammachia.com)), we know why. The viscous fluid liberally studded with chia seeds comes in an array of tasty-sounding flavors, including guava mango and grapefruit ginger, but the texture reminds us a little too much of Jell-O. And while we believe in the health benefits of 2,500 mg of Omega-3, a drink shouldn't be that hard to swallow.



See your weekly Gold's Gym Trainer Tip on the next page.

The world's oldest yoga instructor wants to teach D.C. that anything is possible

When Tao Porchon-Lynch was 8 years old, she saw boys playing on the beach in her hometown of Pondicherry, India. She desperately wanted to try their game. Her aunt, however, explained that they were practicing yoga and forbid her from joining them.

"My aunt said it wasn't lady-like, but I just wanted to play," says Porchon-Lynch, who eventually got her chance. A decade later, she took her first class. A few decades after that, she began teaching. And this year, she earned the title of oldest yoga instructor on the planet from Guinness World Records.

The 94-year-old, who often balances her body on just her hands in mayurasana (or peacock pose), will be playing in Washington on Saturday at Results Gym, where she last taught in 2005.

"People are still talking about her," says Harold Sanco, director of group fitness, who expects she'll be an inspiration for students young and, especially, old. Yoga classes filled with 20- and 30-somethings can intimidate more mature members, but Porchon-Lynch is proof that there's no age limit on yoga.

There's also no limit on what you can learn, says Porchon-Lynch, who considers herself a student even after teaching for 56 years and studying with many masters, including B.K.S. Iyengar (who's a few months younger) and the late K. Pattabhi Jois.

"You'll do a pose for years, and then one day, you'll find it leads you to something else," she says. "It's never dull."

She credits yoga with making her breath strong, her muscles strong and her mind strong. That strength enables her to do any-



Tao Porchon-Lynch, 94, can still touch her toes and balance on just her hands.

thing, and that's a lesson she wants to pass on to her students.

"The nicest thing in life is when you're giving a class, and there are students who think they can't do something, and then they do it. The look on their faces is priceless," says Porchon-Lynch, who advocates moving carefully and with proper breathing. "If you just take a gulp and try to go into a longer pose, you can't make it. If you breathe, you have it in you."

**"You'll do a pose for years, and then one day, you'll find it leads you to something else."**

There's no question she has it in her to lead a two-hour workshop in the morning and a three-hour workshop in the afternoon on her trip to D.C. "I'm used to it," she says. Her typical schedule at home in New York's Westchester County involves getting up at 5 a.m., leaving for work at 7:30, and not getting back until 9:30 at night.

Whenever she's not teaching yoga, she's dancing. Porchon-Lynch, who took up ballroom in 1995, now trains three days a week in a variety of styles and travels the world to perform in competitions — often with partners 70 years her junior. "Young men are so sweet and don't mind to dance with me," she says.

It can't hurt that well before she got the Guinness World Record, the former actress and model won another award: the best legs in Europe. They're still quite impressive, particularly when she picks them both off the ground.

VICKY HALLETT (EXPRESS)

# Stretch In Time

**Meet Tao:** Porchon-Lynch will lead two workshops at Results Capitol Hill (315 G St. SE) on Saturday. Vinyasa (10 a.m.-noon, \$50 for members, \$60 for nonmembers) is for all levels; Wisdom (2-5 p.m., \$65 for members, \$75 for nonmembers) is for students with some experience. Register by calling 202-234-5678.

## Celebrate Yoga Month

**When students take their first class** at Dream Yoga in McLean, Va., they always have one complaint, founder Luann Fulbright says: "I wish I'd done this sooner." Her studio is one of thousands countrywide offering free classes and other enticements for newbies in honor of National Yoga Month ([Yogamonth.org](http://Yogamonth.org)). Here's what's happening in the D.C. area this September:

### Athleta

[Athleta.gap.com](http://Athleta.gap.com)

The fitness apparel company is offering free yoga classes every Saturday at its stores, which include locations in Georgetown; McLean, Va.; and Reston, Va.

### Bikram Yoga Bethesda

7832 Wisconsin Ave., Bethesda; 301-215-7820, [Bikramyogabethesda.com](http://Bikramyogabethesda.com)

Try out weekday morning classes for \$8. A free global yoga practice will be held at 4:30 p.m. Sept. 30. It'll be the traditional 90-minute Bikram series, followed by another half hour of instruction.

### Dream Yoga

1485 Chain Bridge Road, McLean, Va.; 703-448-9642, [Dreamyogastudio.com](http://Dreamyogastudio.com)

Four free classes today (and one Wednesday) will showcase a variety of styles. Dream is also holding a free global yoga practice Sept. 30, which will conclude with a 15-minute meditation for universal peace and well-being.

### Sacred Well Yoga Studio

450 W. Broad St., Falls Church, Va.; 703-989-8316, [Swys.net](http://Swys.net)

New students can take advantage of one week of free yoga. And everyone's welcome at the studio's free celebration of yoga Sept. 23, featuring six different 45-minute classes, including kids yoga, laughter yoga and yoga nidra.

## Meet The Trainer

### Alex Lebonitte

Certified Personal Trainer  
Fairfax Station Gold's Gym

Alex is a lifelong Fairfax County resident and a graduate of George Mason University with a B.S. degree in Exercise Science. His passion is helping clients achieve the highest level of fitness and function possible through exercise and nutrition. Not a believer in fads or haphazard workouts, Alex takes a thorough, scientific approach to training, designing programs for his clients incorporating research-based techniques. He's also a strong believer in "practicing what he preaches," so he never asks his clients to do anything that he has not done himself.

#### Certifications:

National Strength and Conditioning Association Certified Personal Trainer; National Personal Training Institute Certified Personal Trainer; CPR/AED

To schedule an appointment with Alex or another Gold's trainer, come to a Gold's Gym location near you or visit our website.



## Trainer Tip of the Week

With the change of seasons right around the corner, it's time to tweak your current program. Try this exercise: Start in the plank position, then move from your elbows to your hands in a push-up position, then back to your elbows. This dynamic movement works your core stabilizers while also toning your arms, shoulders and back.

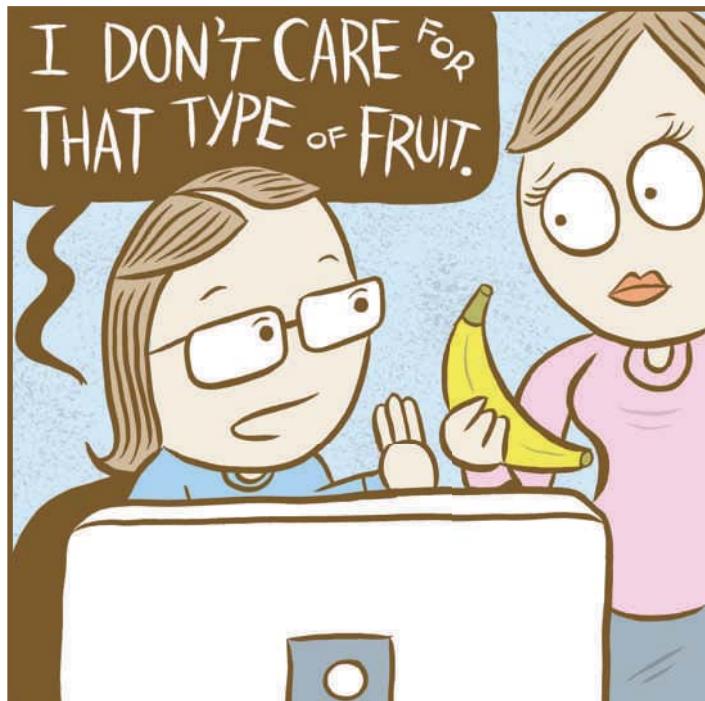
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# baggagecheck



## Not a Best Friend To You Anymore

**Q**

I'm a guy, and my high school best friend was female. I became even better friends with her now-ex-husband —

I'm the best man at his upcoming wedding. He recently told me that his ex-wife claimed that I tried to sleep with her. This is 100 percent false. I'm currently engaged also, so these allegations are frightening. I talked to my fiancee to keep her in the loop and she knows I'd never do it, but we're both so angry at her. The girl still texts me! I haven't said anything to her yet because she and my friend have a child together and he is fearful of her reaction because she controls his visitation. Do I confront her? SO ANGRY

Confront her? Seriously? What are you, a pyromaniac?

Here are the important facts: Your (hopefully former) best friend is a troubled, manipulative woman; her ex-husband knows this and does not believe her lies, and your fiancee doesn't believe them either. Don't give this woman a reason to spread more lies about you. You're lucky they seem to have ended with what she told her ex. You have the power to cut off contact with her, so use it. Don't inflame the fires, and don't give her control over you.



Send your questions to Dr. Andrea Bonior at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([Friendshipfix.com](http://Friendshipfix.com)).

## Swat Away the Fruit Fly

**Q**

I have a co-worker who offers me fruit every day. I don't care for it and say "no, thank you," but every day she asks. Also, she loves a particular TV show.

Every week, she asks if I saw it, and I tell her that I don't watch it. She usually says, "You need to get into it because it is so good," and then starts talking about the characters by name. How can I make it clear that I don't watch the show and I don't want her fruit? FRUSTRATED

I'm sorry, but are you saying that my pomegranates and "Louie" pleases don't do anything for you?

It sounds like your co-worker likes to have her shtick — people tend to get into ruts in an office environment, after all. And she might either be anxious about her ability to come up with other conversation or actually unable to.

Depending on how jocular your relationship is with her, you could try the bolder "If I buy you lunch/bring you a big bag of said unappealing fruit, will you never bring up that TV show again?" If you don't quite have that kind of rapport, you've just got to keep redirecting and politely cutting conversations short.

### Event Horizon

#### Barre Keeper

It's been five years since B.Fit (1339 14th St. NW) brought barre exercise to Washington. To celebrate the anniversary of all that tucking, pulsing and shaking, the studio is offering a week of extras. Additional classes will be held every day through Sunday, which is when folks are invited to come by from 2 to 4 p.m. for a mixer. In honor of those five years, all classes are just \$5 on Wednesday. For details, see [Bfitdc.com](http://Bfitdc.com).

**phys ed fit**



### Mountainsmith

Designed for runners and hikers who crave lots of liquid, the **Buzz TLS** (\$55, above) holds two 22-ounce water bottles and is easy to carry. TLS stands for "Technical Lumbar Support," a fancy way of saying that the newly designed pack cinches tight right at your lower back for comfort and minimal wobbling. Plus, there's a pocket that can hold an iPhone or slim wallet; a bungee cord to attach, say, a rain jacket or hat; a clip for keys; and two side compartments for packets of energy gels. One minor quibble: As with many water-bottle belts, the water sloshes around as you move. **Also:** If you're not a super-thirsty runner, **DART TLS** (\$35) is a bit less bulky, with just one 22-ounce water bottle. Both versions feature reflective piping, a useful safety feature.

# Just Run With It

**Maybe the summer heat** made you take a break from your running or hiking trail. Now that (slightly) cooler temperatures have arrived, the great outdoors beckons again, raising the eternal exerciser's question: How do I carry my stuff? Whether you're training for a marathon, hiking the Appalachian Trail or just jogging around the block, there are new and improved options.

MARC SILVER (FOR EXPRESS)



### SPIbelt

The **SPIbelt Endurance** (\$35, above left) is a slightly less minimal pouch from the company known for minimalism. The SPI in the product's name stands for "small personal items," and the new model — available for purchase Sept. 21 — can haul an impressive array. There's room for energy bars, lip balm, keys and a phone. Six loops stand ready to hold energy gels, and a strap keeps your race bib from flapping. **Also:** The **Waterproof SPIbelt** (\$29, above right) comes with a plastic enclosure that can be tucked into the belt — perfect for keeping your ID and other stuff dry in autumn rains.



### Amphipod

The two 10.5-ounce water bottles on the **RunLite AirStretch 2+** (\$40, above) sit snugly in holsters and are a breeze to use. Squeeze a bottle with one hand to remove it from the holster, guzzle, then click the bottle back into its dock. You barely have to break stride. The AirStretch, which also has a compartment for cash, credit card, keys, etc., fits so snugly you barely notice you're wearing it. **Also:** **Beltpod Smartview** (\$22, left) is a waterproof, zippered compartment that can carry an iPhone-like device. It's one of many custom options from Amphipod that can slip onto the basic belt. Runners can add additional pouches, energy gel holders and water bottles. In the case of the compact and convenient Smartview, you might want to use it to carry your smartphone even when you're not on the run.

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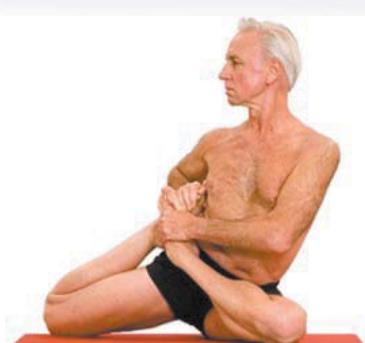
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**fit nutrition**

## Set the Mood For Eating Less

Your dining ambience can affect how much you end up consuming

Dim the lights, add some slow jams, and you could drop pounds.

A new study in Psychological Reports found that diners in a restaurant with dim lighting and soft music eat less than those in one that's bright and loud. Researchers tricked out part of a Hardee's in Champaign, Ill., by adding tablecloths, plants and paintings and softening the seating area



A romantic evening at home with soft light might help you eat less food.

**175**

The approximate number of fewer calories consumed by customers in a part of a Hardee's with soft light and music as compared with the other diners.

with indirect lights and light music. They studied people's eating habits in both the modified and original sections by timing meal length and calculating calories consumed.

Customers in the renovated area ordered the same food (couldn't kill the temptation of burgers and fries), but dined longer than those in the original section. The kicker: They also ate 18 percent less — about 175 fewer calories — and gave the whole experience higher marks.

So what gives? Soft light and music mellow you out from your normally on-guard state throughout the day and signal your body to slow down, says lead researcher Brian Wansink, Ph.D., director

of Cornell University's Food and Brand Lab. "The more relaxed you are, the slower you eat," he says. He suspects that's because slow eaters may end up with cold food or their mind catches up to their stomach in feeling full.

If you can't avoid fast-food joints, at least do it right: Find the darkest and quietest corner, Wansink says. At home, replicate the environment by swapping the lights above your kitchen table for some candles and opting for slow tunes rather than the TV. Researchers at the University of Massachusetts found that people who eat while watching the tube consume 288 more calories on average than those who don't. Why? You're distracted, and it prevents your brain from realizing you're full. ANDREW KATZ (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

### Put Away the Pan

How do you like your meat done? If you're a guy and you answer pan-fried, we've got bad news

from the journal Carcinogenesis: That could increase your risk for prostate cancer by 40 percent. Researchers asked nearly 2,000 men about their meat and poultry consumption, as well as their preferred cooking methods. Guys who ate mostly baked chicken were least at risk for prostate cancer. (EXPRESS)



# lookout



## Secret Wedding

Ryan Reynolds and Blake Lively are now a married couple **35**

### Sound Bets



#### 'Days' of Our Lives

**Scott Crawford** created his first punk-rock fanzine when he was 12. The Silver Spring native is 40 now, and he's still chronicling the sounds and vision of his youth. "Salad Days: The Birth of Punk Rock in the Nation's Capital" is Crawford's in-progress documentary covering an era in D.C. music that still

resonates throughout the world today. (Full disclosure: Crawford and I worked together at a music magazine.)

Crawford (pictured above) shooting with Fugazi's Ian MacKaye) and director of photography Jim Saah cover all the major old-school D.C. bands, such as Minor Threat, Bad Brains and Fugazi, but also dive into groups important to the local scene even if their national profile was never large, such as Black Market Baby and the Slicee Boys.

"Salad Days" isn't scheduled for release until 2013, but there's a preview trailer online that brings chills to old hardcore nerds such as myself. Unlike Crawford, I didn't grow up in the area, but from a young age, I and so many others were deeply influenced from afar by the D.C. scene's message of D.I.Y. empowerment.

► **Crawford is looking to raise \$32,000 by Oct. 10.** via Kickstarter.

Check out the trailer and campaign at [Kck.st/Qe7GIB](http://Kck.st/Qe7GIB).



Read Christopher's previous columns at [expressnightout.com/soundbets](http://expressnightout.com/soundbets)

# Virtual Crowd-Pleaser

Punk-rock chanteuse Amanda Palmer finds fans and funds online

### Music

Amanda Palmer makes social media seem punk-rock. The former front-woman of the Dresden Dolls, who now works solo, spends a lot of time talking to fans online. She funded her latest record, "Theatre is Evil," via Kickstarter, becoming the first musician to raise more than a million dollars on the site. When we spoke to the punk cabaret performer, she was on a farm in upstate New York preparing for her tour (she hits the 9:30 Club on Wednesday). Specifically, she was outside on a swing, being pushed by her husband, author Neil Gaiman, which is like something a nerd would make the subject of a painting labeled "Paradise."

**You and Neil are very into Twitter. Is it hard to keep your private life private?**

The communication has to feel authentic and real, like it's actually feeding something. I don't engage with haters and critics; I don't get involved in long, drawn-out political arguments with people.

**But how do you keep from getting too sucked in?**

You have to use the Internet as a tool of inspiration and connection and not just distraction.

**Kickstarter began as a tool for**



**"I don't think I could enjoy my time in a farmhouse in upstate New York if I couldn't also check into Twitter every couple of hours."**

— MUSICIAN AMANDA PALMER, WHO KEEPS A VERY ACTIVE TWITTER FEED AND FUNDED HER LATEST ALBUM ONLINE USING KICKSTARTER.

**people who couldn't get funds any other way, but now you're one of many established artists using it.**

I got criticized for being too big to use Kickstarter, and I thought, "Hey, wait a second, that's not fair." A crowd is a crowd. An artist is an artist.

**So there's no difference between you and some unknown indie band trying to crowd-fund its album?**

It shouldn't matter if it's the guy

down the street who wants to build a papier-mâche brontosaurus park on his front lawn for everyone to enjoy, or if Lady Gaga decides to crowd-fund her next record. Both are totally legitimate. It's just a tool.

**Ten years ago, people were whining about how nobody pays for music, yet the same people who stole CDs are now helping fund new ones.**

People love helping artists. We just have to figure out what the system

is. When I was a busker, the system was a hat at my feet and you put a dollar into it. With the Internet, we have to figure out something slightly more complicated. But if people love an artist or a song and it's very easy for them to show their appreciation, they will do it.

FIONA ZUBLIN (EXPRESS)

● **9:30 Club, 815 V St. NW; Wed., 7 p.m., \$25; 202-265-0930, 930.com. (U Street)**



**New Lives:** "Saturday Night Live" is adding three new performers after the departures of Kristen Wiig and Andy Samberg. The sketch comedy show says Cecily Strong, left, Aidy Bryant and Tim Robinson will be joining "SNL" for its 38th season, which premieres Saturday on NBC. Strong comes from the touring company of the Chicago improv theater Second City. Bryant hails from Chicago's iO Theater, and Robinson is a Second City alumnus. (AP)



The grease spot that should be every bar crawler's last stop.



**Nominees are finally in.** Vote as many times as you like. Then, find out the winners in Express' Best of 2012 special issue, which drops on October 18!

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# entertainment lookout

**top stops**

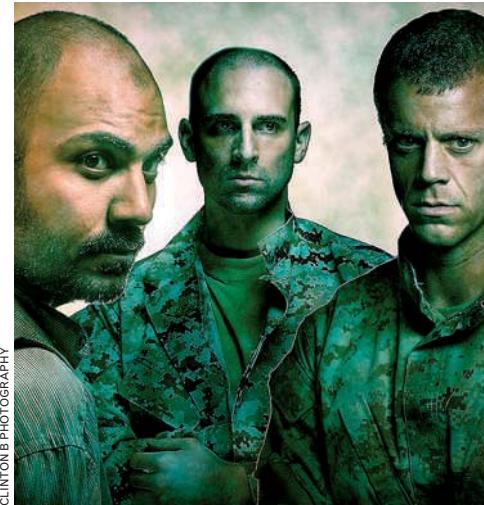
## 1 Lend a Hand



In the eleven years since Sept. 11, we've turned the tragedy from an excuse to be afraid of others into an excuse to help others. If you want to participate in the National Day of Service, head down to Freedom Plaza to work on community projects, sign up to volunteer in the future or train yourself to respond in emergency situations. **Freedom Plaza, 1331 Pennsylvania Ave. NW; Tue., 11:30 a.m.; free; Serve .dc.gov. (Federal Triangle)**

## 2 Remember The Stories

On the anniversary of Sept. 11, it's good to take a moment to recognize those who run IN to the burning buildings instead of fleeing them in moments of panic. SpeakeasyDC is presenting "First Responders: Stories About Being on the Front Lines," a story telling show where all the tales are true. We suggest bringing tissues. **Town Danceboutique, 2009 8th St. NW, Tue., 8 p.m., \$15; 240-888-9751; Speakeasydc.com. (U Street)**



CLINTON B. PHOTOGRAPHY

## 3 Easy, Tiger

We can't remember Sept. 11 without remembering the aftermath and the international repercussions. Celebrated dark comedy "Bengal Tiger at the Baghdad Zoo," in its D.C. premiere, tells the story of two American Marines in Iraq and an anthropomorphic tiger in the Iraqi capital. **Round House Theatre, 4545 East West Hwy., Bethesda; through Sept. 30, \$26-\$63; 240-644-1100, Roundhousetheatre.org. (Bethesda)**

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## lookout entertainment

# A Long-Playing Tribute to Vinyl

In 'Telegraph Avenue,' Chabon builds a story around a record store

### Book Review

Washington-born writer Michael Chabon pays tribute to vintage vinyl and those great used-record shops that have spun out of existence in "Telegraph Avenue" (\$27.99, Harper). Think Nick Hornby's "High Fidelity," digitally remastered in rococo funk. The pages are stacked with albums from Miles Davis' "On the Corner" to Charles Kynard's "Wa-Tu-Wa-Zui."

The story revolves around efforts to save the Brokeland Records store in a gritty part of Oakland, Calif. "The church of vinyl" is threatened by a megastore to be built by the fifth-richest black man in America, a quarterback named Gibson "G Bad" Goode. G Bad's shiny retail complex promises to create hundreds of jobs in a 60,000-square-foot retail mall anchored by a three-story media store specializing in African-American culture with a deep selection of "vintage vinyl recordings of jazz, funk, blues, and soul."

While the residents of this depressed neighborhood are singing "At Last," the owners of Brokeland are worried that "The Thrill is Gone." Nat Jaffe and Archy Stallings



COURTESY HARPER  
Michael Chabon writes about a vintage record store in "Telegraph Avenue."

**Think Nick Hornby's "High Fidelity" digitally remastered in rococo funk.**

know they'll have to fight to save their store from G Bad's new mall. "Men like Archy and Nat," Chabon writes, "would wage wars, found empires, lose their dignity and their fortunes for the sake of vinyl."

The novel's exploration of the tensions between whites and blacks, between commercialism and nostalgia, between our dreams and our responsibilities is wonderful. But "Telegraph Avenue" often feels as though it requires more labor than it deserves.

RON CHARLES (THE WASHINGTON POST)



### 'Masterpiece' Fashion

PBS' "Masterpiece" drama showcase is getting a fashionable new supporter. The public TV program says the Ralph Lauren Corp. will become a national sponsor, marking the company's first TV sponsorship. Lauren's first on-air display of sponsorship begins Sept. 30 with the series "Upstairs

Downstairs," which the company cited — along with "Downton Abbey" — as a source of fashion inspiration. (AP)

# TV tonight lookout

## Best Bets

USA  
9:00

**White Collar** In this ramp-up to the midseason finale, Peter sends Neal undercover as a Wall Street stock trader. Neal discovers a white-collar boxing ring where traders fight for insider information. In order to take down the corrupt CEO, Peter and Neal must step out of the office and into the ring.

NBC  
10:00

**Parenthood** Ray Romano, who will be guest-starring in a multiple-episode arc during the series' fourth season, has his character introduced in the season premiere tonight. He plays a photographer and former photojournalist who befriends Sarah and complicates her relationship with Mark.

FX  
10:00

**Sons of Anarchy** Season 5 of the relentless biker drama opens with Jax (Charlie Hunnam, right) learning that being president of SAM-CRO is a tough job. He's still trying to broker a deal with the cartel that will make the CIA happy while trying to avoid an all-out war with an Oakland crew. (TRIBUNE MEDIA)



'THE NEW NORMAL'

## Fathers Know Best

NBC  
9:30

Ryan Murphy's latest series is about a male couple, David and Bryan ("The Hangover's" lost groom Justin Bartha, right, and "Book of Mormon" star Andrew Rannells, left), who hire a down-on-her-luck single-mom surrogate to carry their baby. Bartha and Rannells' characters display yin/yang neuroses that keep them interesting, but as Goldie, the surrogate, Georgia King is bland. Ellen Barkin saves the day with a deliciously acid performance as Goldie's disapproving grandmother, Jane. She gives the show a fresh twist without feeling too much like another item on the gay agenda. HANK STUEVER (THE WASHINGTON POST)

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- Free after school program
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- Bring in ad to rec. free app. fee

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MD RENTALS

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#### Amenities

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The More You Save!!  
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2BRs from  
\$1452\***

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Bedrooms Starting @ **\$849**

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(Walk to Southern Avenue Metro!)

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### END OF THE SUMMER SAVINGS AT STATION SQUARE

Pick your new apartment home before it's Gone!  
Pre-Lease your new home today and get \$500 off your 1st month.  
Certain Restrictions Apply.

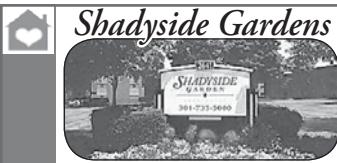
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1 Bedrooms \$960	2 Bedrooms \$1155	3 Bedrooms \$1495
------------------	-------------------	-------------------

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**2 BDRM Special \$949**

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## MD RENTALS

### Forest Village Apt.

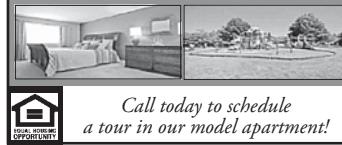


1 BRs - \$799  
2 BRs - \$969  
2 BR & Den - \$999  
Second chance approval.

#### Amenities

- Beautiful Location
- Metro Bus Stop @ the door
- Garbage Disposal
- Wall-to-Wall Carpet
- Washer & Dryer Inside Unit!
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**Spacious Penthouse From \$1960\***

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Studios from.....\$1,620\*  
1 Bedrooms from.....\$1,740\*  
2 Bedrooms from.....\$2,200\*  
3 Bedrooms from.....\$3,225\*

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## VA RENTALS

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**FAIRFAX, VA** - Near Vienna Metro. Large 1/2 furnished room in nice TH. \$635/month, includes utilities & free cable. **Call 571-216-8355**

**HYATTSVILLE, MD** - Professional Clean rooms, utilities included. Nr PG Plaza/ Metro/UMD. \$595 + deposit. **Call 301-328-0135 or 301-661-9331**

**LANDOVER** - Unfurn Ig Rm, Shared BA & Shared Kit. Close to metro & bus stop & mall, \$500 incl all utilities, internet present. **Call 301-526-2663**

**LAUREL** - Basement, private bath, entrance, 1 rm, w-t-w carpet, w/d, \$750 utils incl. MSTR BR \$625, Please call **240-475-4072**

**NE DC** -- 3123 South Dakota Ave. Double rooms \$150- \$200 a week Good Bus. **SE** - Furnished room in house, share BA/kitchen. Near metro & harbor. Pref female. \$165/week incl. util. **301-922-6393**

**SILVER SPRING** - N/S, near shops, private parking, quiet neighborhood, near bus lines. Avail now. \$675 incl utilities. **240-643-8656**

**Upper Marlboro** - Lux 3BR TH in the Beach Tree comm. Lux MBR w/ walk-in closet & all of the upgrades. \$100.267-266-9834 or 301-535-8424

## RESORT PROPERTIES

### VA RENTALS

### crystal plaza

#### END OF SUMMER SAVINGS:

Studios from.....\$1,710\*  
1 Bedrooms from.....\$1,720\*  
2 Bedrooms from.....\$2,570\*  
3 Bedrooms from.....\$3,020\*

**GET 1/2 OFF YOUR AMENITY FEE\***  
Enter to win a 42" TV if you move in by 9/30!

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**CRYSTALPLAZAAPARTMENTS.COM**

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## VA RENTALS

### The Park at Arlington Ridge

#### END OF SUMMER SAVINGS:

1 BedRooms from.....\$1,610\*  
2 BedRooms from.....\$1,830\*

**ASK ABOUT OUR SPECIALS!**  
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**703.836.1600**

1800 South 26th St - Arlington, VA

**PARKATARLINGTONRIDGE.COM**

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Please ask a Leasing Consultant for more info.

## ROOMMATES

**ALEX** - 395 & Seminary. Professional male NS, to share apt. Pool, tennis court, workout, EZ to Metro \$675+deposit Please cal **703-625-7525**

**BROOKLAND DC** - 2 blks metro. BR w/kitchenette, A/C, shared bath, \$480 monthly. Call **202-526-1054**

**BURTONSVILLE, MD** - 2 Rooms available: 1 for \$550 & 1 for \$650. Share bath. Utilities included + security deposit. Call **240-401-5883**

**CAPITOL HILL** - Lg furn room, 2 blocks from Stadium Armory subway. Near Eastern Market. N/S. Cable, wi-fi & utils incl. \$800/month. **301-523-3372**

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XX195 5x2

# lookout online



## Blog Log

**"Actually googled 'griffining.' Term's taken."**

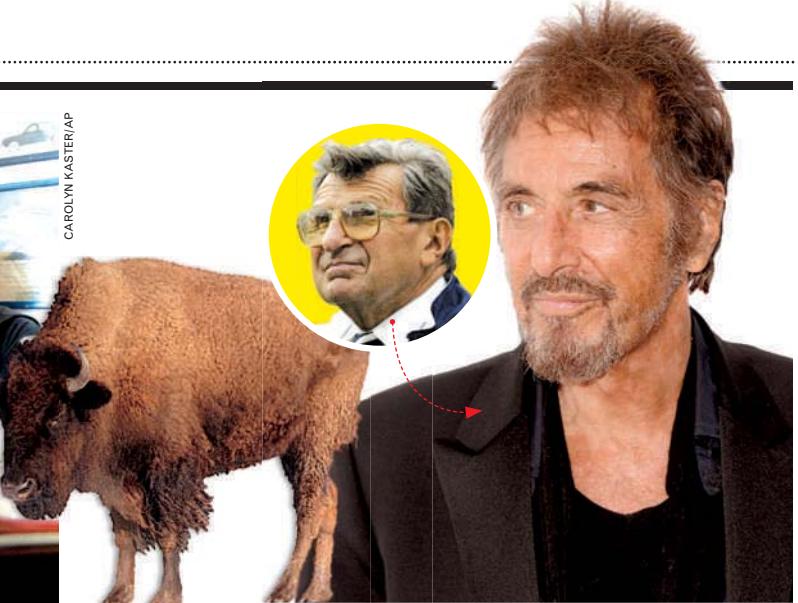
— **@MRIRRELEVANTDC** thinks the blogosphere is going to have to come up with a new word for imitating Redskins QB Robert Griffin III's reaction Sunday after he threw a touchdown pass to Pierre Garçon during a 40-32 win against the Saints. The original term related to the character Peter Griffin from the cartoon "Family Guy."

**"Cooler weather. First football game of the season. Welcome back, Fall. We've missed you."**

— **@JOYWILLIAMS** was happy to see temperatures drop heading into the second week of September.

**"This is weird. I don't care if they want to shake hands, but this creeps me out. How does Mrs. Biden feel about that woman sitting in her husband's lap?"**

— **COMMENTER JOSEPHINE AT THERIGHTSCOOP.COM** wasn't sure what to think of a photograph of Vice President Joe Biden taken in Seaman, Ohio. Technically, the two were sitting in different chairs.



**"The people somehow come to the conclusion that walking straight up to the horned animal with outstretched cameras is a good idea. They quickly learn what a bad idea it is."**

— **MICHAEL ZHANG AT PETAPIXEL.COM** reacts to a recent video of a family at Yellowstone National Park. They were chased around by a wild bison on a trail after they approached it to take pictures.

**"There's no question a brilliant actor like Al Pacino playing such a complex man like Joe Paterno would be compelling theater ... However, part of me feels uneasy about the rush to take Joe Paterno's story to Hollywood."**

— **MATT YODER AT AWFULANNOUNCING.COM** has concerns because "the healing process is only just beginning for the victims of Jerry Sandusky's sexual abuse and Penn State's cover-up. Is the big movie payoff supposed to be the Paterno statue coming down?"

The National Center for Health Statistics is looking for adults aged 18 and over with children living in the household to answer a variety of health questions that may be asked on a national survey. We want to talk to parents or guardians of children 2 to 17 years of age who may have difficulties in the following areas: seeing, hearing, walking, learning, behavior. We are also looking for adults who have awareness of death rates in the U.S., and smokers. The survey research interview will be no longer than 60 minutes and participants will receive \$50.

**FOR MORE INFORMATION, Please call 301-458-4676**

Centers for Disease Control and Prevention  
National Center for Health Statistics

**Participants Wanted for Research Study**



Centers for Disease Control and Prevention  
National Center for Health Statistics

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# puzzles lookout

## Horoscope

**VIRGO** (Aug. 23-Sept. 22) You may not have the "get up and go" feeling that you were hoping for today, but once you're in the thick of things you'll be revitalized.

**LIBRA** (Sept. 23-Oct. 22) You'll be watched by those who have the most invested in a current project; you're doing things the right way—but perhaps not fast enough.

**SCORPIO** (Oct. 23-Nov. 21) You may be the only one to realize just how important a factor safety really is today. You can keep others from endangering themselves.

**SAGITTARIUS** (Nov. 22-Dec. 21) You'll receive instruction from someone you have long admired. As a result, your confidence will increase greatly.

**CAPRICORN** (Dec. 22-Jan. 19) You can put something behind you that has been causing you sleepless nights. A friend is able to help you move forward.

**AQUARIUS** (Jan. 20-Feb. 18) You'll want to work closely with those who are on the same page—but it may be difficult, at first, to determine who that is.

**PISCES** (Feb. 19-March 20) It will be lucky for you to have a certain few friends close at hand today; each can provide something in short supply.

**ARIES** (March 21-April 19) You'll want to get back to the basics today, but it may be difficult to persuade an old friend that everything can be as it was.

**TAURUS** (April 20-May 20) Sharing knowledge with others is one of the best ways to open the door to something you don't yet know much about—but should.

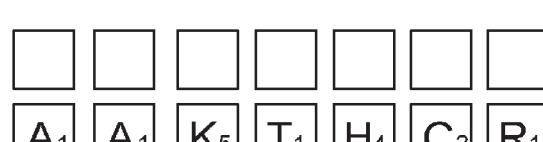
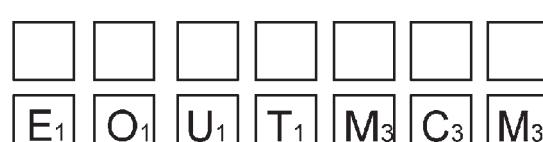
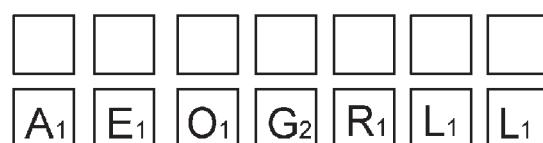
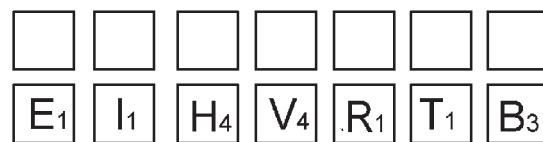
**GEMINI** (May 21-June 20) You may be feeling restless and unsettled today; this is more emotional than physical—something is worrying you, and you don't yet know what.

**CANCER** (June 21-July 22) Now is no time to put yourself, or anyone else, in danger. You'll want to follow a familiar path, and have safety measures in place.

**LEO** (July 23-Aug. 22) You can shake things up a bit and make decisions about what to do tomorrow based on what you see when the dust settles.

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 232



1st Letter Double



Triple Word Score

## Yesterday's Solution

C <sub>3</sub>	O <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	X <sub>8</sub>		RACK 1 = 15
M <sub>3</sub>	I <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	K <sub>5</sub>	RACK 2 = 64
D <sub>2</sub>	I <sub>1</sub>	M <sub>3</sub>	M <sub>3</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 3 = 86
N <sub>1</sub>	O <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>	RACK 4 = 57
							TOTAL 222
PAR SCORE 145-155							

## FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

9	4	5	6	8				
8		9	2		4		1	
	2		1			9		
4	7			5	9	8		
2		6	3	1		7		
1		4	8			5	6	
5			4		8			
2	3		7	5		1		
		3	9	2	7	4		

## Yesterday's Solution

1	4	5	6	8	3	7	2	9
2	9	6	5	1	7	4	8	3
3	7	8	9	2	4	1	6	5
5	6	1	4	9	8	2	3	7
4	2	7	1	3	6	5	9	8
9	8	3	2	7	5	6	4	1
6	3	9	7	4	1	8	5	2
8	1	4	3	5	2	9	7	6
7	5	2	8	6	9	3	1	4

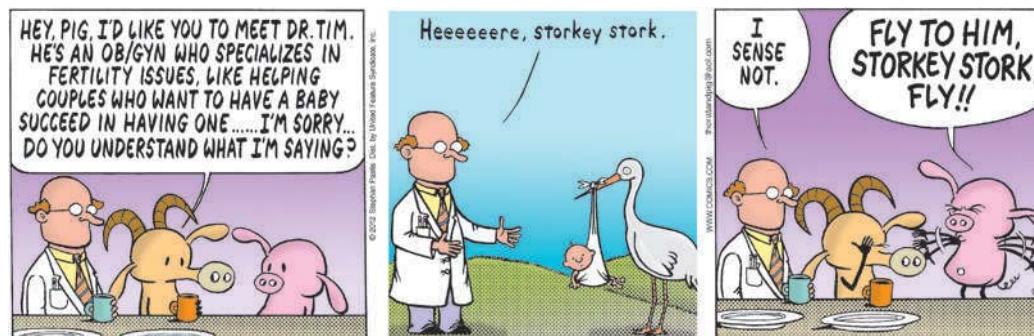
**Need more Sudoku?**  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Comics

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



**Today:** Comfortable today with plenty of sunshine. Clear and cool tonight.



**Tomorrow:** Nice tomorrow with plenty of sunshine. Clear tomorrow night.

## Looking Ahead



### Sun and Moon

Sunrise today: 6:46 a.m.  
Sunset today: 7:22 p.m.  
Moonrise today: 2:03 a.m.  
Moonset today: 4:28 p.m.

### Almanac

Normal high: 82  
Record high: 98  
Normal low: 65  
Record low: 44

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## A message from Metro General Manager Richard Sarles

On that awful day, 11 years ago, everything changed.

Americans, awakened to a new and deadly threat by the suicidal audacity of 19 terrorist hijackers, faced the grim challenge of moving on. Suddenly, our shared assumptions about personal and societal security were being questioned.

Yet on that awful day, somehow, Americans marched forward even here in the nation's capital where the sky was blackened by smoke billowing from the stricken Pentagon. Despite the enormity of our loss, the terrorists did not win even the day.

At Metro, it was our challenge to help a worried city get home. And to get places the next day, and the next, and so on, as we set about building confidence in our security capabilities. Then came the task of forging a renewed commitment to transportation safety through enhanced vigilance and teamwork.

Since the 9/11 attacks, Metro has deployed sophisticated explosive, radiation and chemical detection equipment, enhanced surveillance capabilities, improved public address systems and installed explosive-containment trash cans. At the same time, Metro Transit Police have greatly enhanced their

communications, training and strategies to address threats.

Despite our many steps, the traveling public is a critical component of our security strategy. You are an essential part of the team.

By now, you know our mantra: If you see something, say something. Together with the Department of Homeland Security, we've been asking you to let us know when something doesn't look right. See an abandoned package, say something. See someone in an oversized coat in warm weather, say something. See someone tampering with a surveillance camera, say something. Tell an operator, tell a station manager, tell a police officer.

As we remain mindful of the persistent threat of terrorism, we cannot forget our everyday commitment to safety. Paying attention to your surroundings makes us all safer, but so does following the rules in stations, on platforms, on buses and trains.

We are safer today, but the threat remains. At Metro, we see this sad anniversary as an opportunity to remember our tragic loss while at the same time recommitting ourselves to being part of America's homeland security team.



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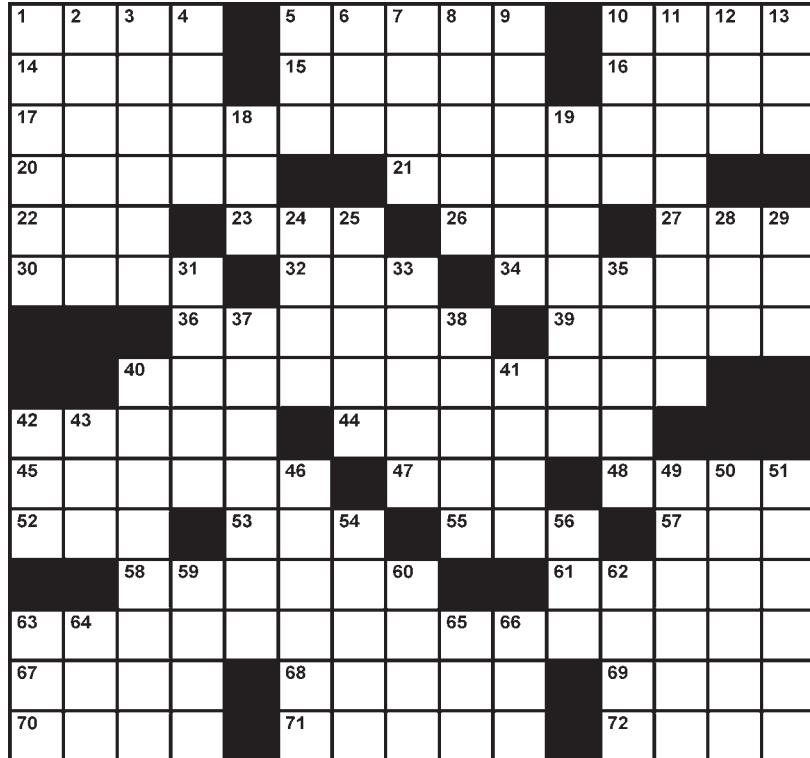
Look for site highlights in today's Express.

## lookout puzzles

### Crossword

#### ACROSS

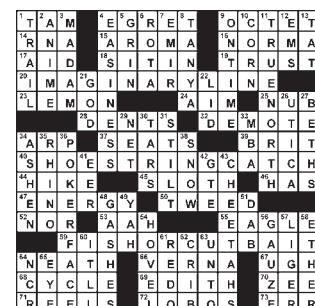
- Exiled Iranian
- Has a hitch in one's giddy-up
- In wonderment
- Smidgen
- "So long" on the Seine
- Yawn inducer
- Living royally since birth
- Father, Son and Holy Ghost, e.g.
- "... need is a friend \_\_\_\_"
- Sound processor
- \_\_\_\_ du Flambeau, Wisc.
- Exclamation of affirmation
- Stage scenery
- Perlman of TV and film
- Perignon's title
- Do a slow burn
- Type of doll for the vengeful
- Frank account?
- Sleep restlessly
- Karloff of scary films
- Evening affair
- Genesis follower
- \_\_\_\_ generis (of its own kind)
- 100-yard race
- Room for indoor sports
- Dispenser
- Disorderly crowd
- "Tinker, Tailor, Soldier, \_\_\_\_"
- Take credit?
- Caliph's faith
- Be a braggart
- Small clue
- Less damp
- Res \_\_\_\_ loquitur (legal phrase)
- Spread on the table
- Sweepstakes submission
- Outer banana
- Word with "house" or "baby"



EDITED BY TIMOTHY E. PARKER

- A cheer
- Outfit
- Jessica of the PTL scandal
- Skedaddle
- First Lady McKinley
- Revealing garment
- It may be offered for your thoughts
- Some leathers
- Monastery resident
- The rescuer of Little Red Riding Hood
- Make a mistake
- Place to chill
- That's a moray
- Distillation leftovers
- Brouhaha
- Musical endings
- Always, to an old poet
- Take a whack at
- Stay away from
- Pre-stereo records
- Stuck in mud
- Place for bones
- Intense hatred
- Slide instrument
- Lounge group, maybe
- Ask for alms
- Moron's prefix?
- Walked decisively
- Not straight up
- Limited in number
- Sunday songbook
- Lament
- Coal container
- Dog in "Beetle Bailey"
- Order in the court?
- Send, as a parcel
- In spite of, in short
- Painter's medium
- Above, to Shakespeare
- Like some senses of humor

#### Yesterday's Solution



### Today in History

**1941** Groundbreaking occurs for the Pentagon, now headquarters of the U.S. Department of Defense.

**1954** The Miss America pageant makes its network TV debut on ABC.

**2001** Terrorists crash hijacked passenger jetliners into the World Trade Center, Pentagon and a field in Pennsylvania, killing nearly 3,000 people.

**express**



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# people lookout



## WORD CHOICE

### 'Seal Always Talks Like a 15th-Century Catholic Priest'

Heidi Klum told Katie Couric that she didn't cheat on Seal when they were together. In the interview, to air Wednesday, Klum said, "When we were together, I never looked at another man." Regarding Seal's comment that she was "fornicating with the help," she told Couric (as reported in the New York Post), "it was a unique choice of words. I'm used to it.

Other people aren't." (EXPRESS)

## PETS

### Taco Bell Chihuahua a Mere Commoner in Monty's Eyes

Buckingham Palace says one of Queen Elizabeth II's corgis, who took a star turn in the James Bond sketch during the Olympics Opening Ceremonies, has died. Monty and two other royal corgis appeared in a sketch during the Opening Ceremonies, greeting Daniel Craig as he arrived at the palace. Two palace corgis remain: Willow and Holly. (AP)



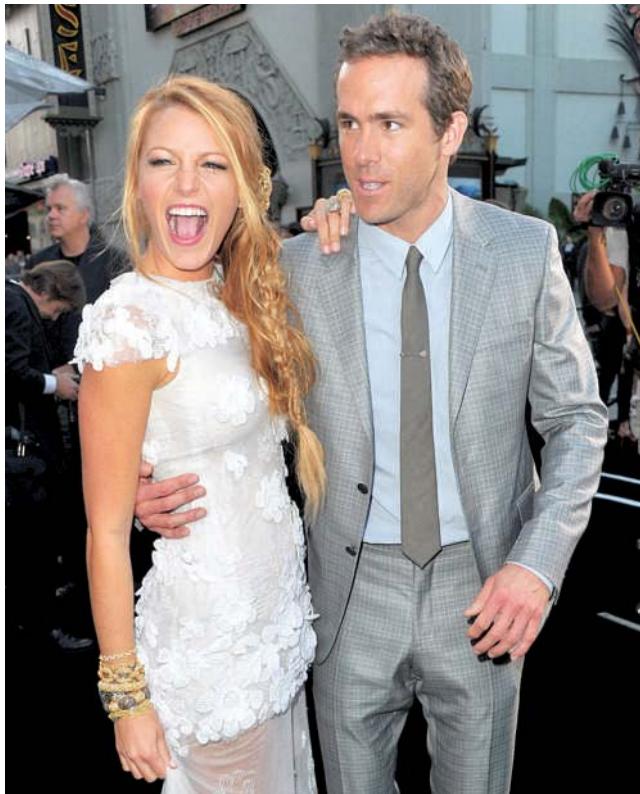
One of these corgis might be Monty. He, alas, has no official portrait. (GETTY IMAGES)

## Victims



### This'll Look Great On Her Résumé

Emma Watson is the preferred celebrity bait of cyber criminals trying to lure Internet users into downloading malware, McAfee said Monday. When searching for Watson, there's a 1 in 8 chance of landing on a malicious site. This is the sixth time the security company has conducted the study, which was last year topped by Heidi Klum. (AP)



This is not Blake Lively's wedding dress. It's white, though, so there you go. (ALBERTO E. RODRIGUEZ/GETTY IMAGES)

## WEDDINGS

### Baby Clearly on Way

Blake Lively and Ryan Reynolds got married Sunday in a small, secret ceremony in South Carolina, Us Weekly reported. Members of the Lively family were spotted around Charleston, S.C., as was Christian Louboutin, Lively's friend and favorite shoe designer. Lively, 25, and Reynolds, 25, have only been dating for about a year. They were seen house hunting together about six months into their relationship and bought property in New York State. This is Reynolds' second marriage and Lively's first. (EXPRESS)

## CRAZIES

### Miley's Haircut Attracting The Wrong Kind of Weirdo

A man allegedly clutching a pair of scissors was arrested after he tried to force himself inside the Los Angeles home of Miley Cyrus. Employees inside the house called police around 4 a.m. Saturday after the man came to the door and claimed to be a friend of Cyrus. The suspect then repeatedly threw himself against an outside wall as if he was trying to break in. Cyrus was not home at the time. (AP)

**"We're going to be fine. We're totally fine."**



KRISTEN STEWART TOLD REPORTERS SHE AND ROBERT PATTINSON WILL NOT HAVE A PROBLEM DOING PUBLICITY TOGETHER FOR THE FINAL "TWILIGHT" FILM.

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